

KENTUCKY LAW ENFORCEMENT

PHYSICAL TRAINING STANDARDS

PHYSICAL FITNESS TESTING INFORMATION



Prepared by:

Department of Criminal Justice Training

and

Kentucky Law Enforcement Council

Peace Officers Professional Standards



NOTES

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BACKGROUND

In response to legislation enacted by the 1998 Kentucky General Assembly, KRS 15.382, the Kentucky Law Enforcement Council and the Kentucky Department of Criminal Justice Training, established physical training standards for pre-selection screening of peace officer applicants. The Department conducted a validation study to determine which areas of physical fitness are necessary to perform the job of a Kentucky peace officer, and the level of fitness necessary to perform the essential functions of Basic Training.

In May 1998, the Department contracted with Dr. Thomas A. Collingwood of Fitness Intervention Technology, Dallas, Texas, to develop and to validate physical fitness standards for that of peace officers in Kentucky. A physical fitness test battery was identified that encompassed eight areas that predict successful performance of job related physical tasks. These job tasks were identified in the *1997 Job Task Analysis for Non-Ranking Patrol-Level Law Enforcement Officers* conducted by the Department.

From May to August 1998, trained Department of Criminal Justice Training personnel tested a stratified, random sample of 192 incumbent officers from across the state. These officers were selected by their agency heads. The officers completed the battery of tests and three job related scenarios. Dr. Collingwood analyzed the test data to determine the relationship and predictability of the various physical fitness factors for the performance of the critical tasks. The analysis yielded data that is the basis for the physical fitness test battery. It is utilized as a part of the pre-selection process for certification as well as the entry and exit standards for Basic Training.

WHAT ARE THE PHYSICAL FITNESS AREAS TO BE TESTED ?

Those physical fitness areas that have been determined to be necessary for Kentucky Law Enforcement are:

1. **Aerobic power or cardiovascular endurance.**
2. **Anaerobic power.**
3. **Absolute strength.**
4. **Muscular endurance.**

WHAT ARE THE PHYSICAL FITNESS TESTS?

Five (5) physical fitness tests will be given in three and one half (3 1/2) hours:

- 1 One Repetition Maximum (RM) Bench Press.**
- 2 One Minute Sit Up Test.**
- 3 300 Meter Run.**
- 4 Maximum Push Up Test.**
- 5 1.5 Mile Run.**

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WHAT ARE THE STANDARDS?

Each test is scored separately. The standards must be met for each test. The order of testing is as follows:

TEST	PRE-SELECTION	ENTRY LEVEL(BT)	EXIT LEVEL (BT)
1 RM Bench Press	64% of body wgt	64% of body wgt	73% body wgt
1 Minute Sit Up	18	18	18
300 Meter Run	65 seconds	65 seconds	65 seconds
Maximum Push Up	20	20	25
1.5 Mile Run	17:12	17:12	16:15

The procedure and order for testing will be as follows:

1. Warm up for 3 minutes
2. Test One Repetition Maximum Bench Press, rest for 5 minutes.
3. Test One Minute Sit Up, rest for 15 minutes.
4. Test 300 Meter Run, rest for 15 minutes.
5. Test Maximum Push Up, rest for 30 minutes.
6. Warm up, 2 minutes,
7. Test in the 1.5 Mile Run
8. Cool down for 5 minutes

HOW DO I PREPARE FOR THE TESTS?

1.5 Mile Run:
To prepare for this test, cardiovascular endurance must be increased. The twelve week schedule is progressive. Simply follow the schedule week by week.

WEEK	ACTIVITY	DISTANCE	TIME	FREQUENCY
1	Walk	1 mile	17-20 min.	5/week
2	Walk	1.5 mile	25-29 min.	5/week
3	Walk	2 miles	32-35 min.	5/week
4	Walk	2 miles	28-30 min.	5/week
5	Walk/jog	2 miles	27 min.	5/week
6	Walk/jog	2 miles	26 min.	5/week
7	Walk/jog	2 miles	25 min.	5/week
8	Walk/jog	2 miles	24 min.	5/week
9	Jog	2 miles	23 min.	4/week
10	Jog	2 miles	22 min.	4/week
11	Jog	2 miles	21 min.	4/week
12	Jog	2 miles	20 min.	4/week

300 Meter Run:
This training schedule is also progressive. Jog the distance twice prior to each training session. Then as before, follow the schedule.

WEEK	TRAINING DISTANCE	# of times you sprint REPETITIONS	Time for the sprint TRAINING TIME	Rest period between sprints REST TIME	FREQUENCY
1	300 meters	2	77 seconds	2 min.	1/week
2	300 meters	2	75 seconds	2 min.	1/week
3	300 meters	2	73 seconds	2 min.	1/week
4	300 meters	2	71 seconds	2 min.	1/week
5	300 meters	2	69 seconds	2 min.	1/week
6	300 meters	2	67 seconds	2 min.	1/week
7	300 meters	2	65 seconds	2 min.	1/week
8	300 meters	2	64 seconds	2 min.	1/week
9	300 meter	2	63 seconds	2 min.	1/week
10	300 meter	2	62 seconds	2 min.	1/week
11	300 meter	2	61 seconds	2 min.	1/week
12	300 meter	2	60 seconds	2 min.	1/week

TESTING PROCEDURES

- ◆ The participant will run/walk 1.5 miles as rapidly as possible. The score is determined by the time taken to complete the course.
- ◆ The participant will run 300 meters as rapidly as possible. The score is determined by the time taken to complete the course

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1 Repetition Maximum Bench Press:
The starting weight for beginning bench press training is approximately 1/2 of the participants body weight. Follow the progression indicated by the chart.

REPS = (Repetitions) The number of times an exercise is repeated.
SETS =The number of consecutive repetitions performed without rest.

WEEK	WEIGHT	SETS	REPS	FREQUENCY
1	50% of Body weight	1	8-10	3/week
2	50% of body weight + 5 lbs	2	8-10	3/week
3-10	50% of body weight + 5 lbs extra each week	3	8-10	3/week



Start position



Maximal lift position

TESTING PROCEDURES

The spotters will lower the bar to the participants chest. Upon command, the participant will lift the bar until the arms are fully extended. The spotters will return the bar to the rack. The score is determined by the greatest number of pounds lifted in a singular lift

Protocol Points:

- ◆ Feet flat on floor
- ◆ Hips and back maintain contact with bench
- ◆ Full arm extension
- ◆ Lift starts in the down position.

Physical Training Standards

Maximum Push Up Test:

Controlled progression is an excellent method to prepare for this test. The initial step is to determine the maximum number of correct push-ups the participant can complete. The chart below indicates the recommended progression. If the participant cannot follow the push-up protocol, begin by doing modified push-ups (From the knees) .

WEEK	SETS	REPETITIONS	FREQUENCY
1	1	Total Number	3/week
2	2	Total Number + 2	3/week
3-10	3	Total Number + 2 extra per week	3/week



Start position/Correct up position



Correct down position

TESTING PROCEDURES

The person is to complete as many correct push ups as possible.

Protocol Points:

- ◆ Legs, hips, torso must stay in the same plane
- ◆ Hands shoulder width apart
- ◆ Feet no more than six inches (6”) apart
- ◆ Lower chest to touch three inch (3”) sponge
- ◆ Return to full arm extension
- ◆ Rest only in the up position.

The score is determined by the number of correct push-ups completed by the participant.

Physical Training Standards

One Minute Sit-up Test:

Sit-up training also involves utilizing a progression. Determine the maximum number of sit-ups the participant can do in one minute. Using that number as a starting point, just follow the chart when training.

WEEK	SETS	REPETITIONS	FREQUENCY
1	1	Total Number	3/week
2	2	Total Number + 2	3/week
3-10	3	Total Number + 2 for each	3/week



Start position/correct down position



Correct up position

TESTING PROCEDURES

The participant is to complete as many correct sit-ups as possible in one (1) minute. Score is number of correct sit-ups completed in one (1) minute.

Protocol points:

- ◆ Knees bent 90°
- ◆ Feet flat on floor; feet being held
- ◆ Back flat on floor (start position)
- ◆ Hands overlapped behind head
- ◆ Elbows to top of knee (up position)
- ◆ Top of shoulder blade touch floor (down position)
- ◆ Rest in up position